

## Saving Money in the Home; Little Tricks For Women in Household Economics

By Elizabeth Lattimer.

If your experience has been that cheap cakes have a poor flavor and a coarse texture it is because you have not been putting them together in the right way. An inexpensive cake requires careful mixing. No difficulty should be experienced in compounding a cake which is excellent in texture and has a delicious flavor when plenty of eggs and butter are available. It is when it is necessary to economize on these expensive materials that the cook who is not skillful has her troubles.

Food specialists making investigations in cake baking, especially in the baking of one-egg cakes, find that the best results are obtained when the batter is beaten very little after the baking powder is added and when the cake is baked in a very slow oven.

The recipe which was used in the experiments follows:

**One-Egg Cake.**  
3 level tablespoons fat.  
½ cup granulated sugar.  
½ to 2½ cup milk.  
1 teaspoon vanilla.  
½ cups flour.  
2½ teaspoons baking powder.  
1 egg.

Cream fat and sugar together, add beaten eggs and beat thoroughly. Then add flour and liquid alternately, about one-third of each at a time. Beat the batter thoroughly after all flour and liquid have been added. Vanilla may be added during this beating. Last of all scatter the baking powder over the surface of the batter and fold it in lightly with six or eight motions of the spoon so as to get it thoroughly mixed with every part of the batter. Do not beat the batter after adding the baking powder but turn it at once into a cake pan and bake.

This cake may be baked as cup cakes in muffin pans, or in layers, or in a loaf. If it is baked as a loaf of the size given above it should be put into a very slow oven, which is allowed to warm up gradually (250 to 275 degrees F. for one hour is suitable even temperature). At the first trial one is more sure of success in baking the small cakes than the loaf.

The cake can be put together by other methods than the one described above. Any approved method may be selected, but the two points which give the most difficulty are the too vigorous beating of the batter after the baking powder has been added, and baking the loaf in too hot an oven.

If directions in the above recipe are carefully followed the resulting

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ELIZABETH LATTIMER.

cake should be light, of even texture and uniform grain, tender and moist. It should not be coarse and muffin-like in texture, nor dry and compact.

**To Serve Sunday Night.**  
For Sunday night lunch try this sandwich. It will be liked by all to whom the flavor of American cheese is agreeable.

**Metropolitan Sandwiches.**  
Half pound cheese, 3 tablespoons melted butter, 1 teaspoon prepared mustard, 3 hard cooked eggs, 3 tablespoons cider vinegar, ¼ teaspoon pepper, ½ teaspoon salt.

Mash yolks, add butter, salt, pepper and mustard, and mix until smooth. Grate cheese or put through a food chopper; chop whites of eggs. Mix all thoroughly, stir in vinegar, and spread—between three or four thin slices of buttered bread; press together, and cut in long, narrow strips.

**Cereal Food in Diet.**  
Cereal food of one kind or another forms a large part of almost every wholesome and economical diet. As a general rule, the greater the part played by cereals, the cheaper the diet. Up to a certain point one may cut down the quantity of meat, eggs, butter, sugar, fruits, and vegetables used and substitute cereal foods, but there is a limit beyond which this can not be safely done.

A sample day's ration for a family of father, mother, and three young children in which cereals are used as freely as is considered wise, contains about 4½ pounds of bread, or its equivalent in a variety of cereal foods; 2 quarts of milk, ¼ pounds of medium fat meat, 10 ounces of butter or other fat, ½ pound of sugar, and 4 or 5 pounds of fruits and vegetables. In this diet the cereal foods supply about one-half of the protein.

## I See a Dark Girl

By NELL BRINKLEY

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LOVE would never have consented to save anything to do with a "weegee"—for he's a Prophet and a communicator with hidden things who doesn't need it, I'm telling you—if it hadn't been that the slick little thing was sort of heart-shaped. And he pitied a poor young man who had no sweetheart, in these soft days of Spring that touch a "young man's fancy," and who could not take his word for the days to come.

So he called on the spirit of some great lover, whose bright body is long gone dust—but whose love and whose soul is as real as the eternal Spring itself—to spell out his romance for another poor lover here, alive and anguished. And all it said was, "I see a dark girl!" And lo—the poor lover was satisfied and went away whistling his favorite air.

And in the back of his close-cropped head and down in the bottom

of his warm heart was a hopeful vision—that made his heart go knock and his breath stick just below his throat in a happy hiccup—a vision of a world—HIS world, by St. Valentine!—turning lovingly through a rosy ether—and over its shoulder, lifting her darling face, unfolding her darling hands to his waiting clasps, flooding the world—HIS world—with the light of her sparkling eyes—the rising sun of his delight—the girl to come—"a dark girl."

The ouija—sounds like a name for a vampish young lady—is a disturbing little affair all by its lone self—but can you see the trouble in the world if Love should take it and allow its vapors to swirl around his devoted head? Imagine the confusion of the world, the confusion of the world from the lips of Juliet, Heloise, Nicolette, the fabled Cleopatra, ghostly from the lips of Juliet, Heloise, Nicolette, the fabled Cleopatra. But there's this last—if we believed in the little board—we'd know what color Cleopatra's hair was!—NELL BRINKLEY.

### To Lighten Housework

By Loretto C. Lynch.

CAN a wife and mother retain her youthful appearance without her youthfulness appearing to her duties? I think she can.

Recently a woman of fifty boasted to me that she had retained her very remarkable appearance because "she let nothing bother her." So badly did she neglect her family that her husband was forced to put the children with various friends to board. But it is not this sort of housewife that I intend to tell about. It is the woman who has had to plan how to spend each dollar so that she could get the very best value for it—it is the woman who has done practically all her own housework.

The first woman I want to tell you about raised four good American citizens. She had a credit to her and her very devoted husband. She lived in a small city in the middle West. Early in her married life she realized that her husband could never be a millionaire, and she had the courage to live in a manner in keeping with her finances.

To her children she was a real mother. She had so ordered her life that instead of giving sixteen hours a day to housekeeping she gave most of her time to her children. More money? Not at all. She had a small house, five rooms and bath. The largest, airy room she used for the children's bedroom. There were four separate beds and they could fold up as do Pullman beds when desirable.

The room was divided into sections by curtains on rings and rods, so that the modesty of these little ones was not offended by the close quarters. Each had a spacious drawer in the chiffonier for his or her own. And each was allotted an hour when he might consider it his own.

In the day time this was a play room. The children never thought of bringing their play toys into the always neat and in order living room. Meals were served at definite hours and in suitable quantity and combination, as the children were trained to eat nothing between

meals, the meals the mother prepared were eaten with a relish.

Another woman who has preserved her youth wonderfully told me that she might have been "accepted" by the codfish aristocracy of her neighborhood had she been willing to attempt to do the housework of a very large and complicated home and had she tried to dress better than she really could afford. She was another who dared to live and keep house as she was able and not as some one else thought she ought to do.

It did seem that we were all able to buy Liberty bonds on the installment plan by exercising some systematic self-denial. How about setting about to plan how you may obtain some of the modern labor-saving devices after you have reorganized your household so that

you are living within your means and in a simplified manner.

It takes three hours to properly sweep a house of moderate size. With an efficient vacuum cleaner, the time could be reduced to one hour, leaving the other two hours for "living." And so with a long list of things. Many women hesitate to inquire about labor-saving devices concluding they are far beyond their means. But one woman showed me a washing machine on which she is paying \$3 a month—much less than she was paying an unreliable washerwoman for one week.

Make your brains take the difficulties out of housework. And then you will be in a way toward saving your strength and your other phases of physical beauty. It is possible to take the drudgery out of housework and at the same time do the right thing by one's family and one's beauty.

**Very Absent-Minded.**

Alderton's wife tied a piece of cotton round his finger one morning to remind him to get his hair cut during the day. On his way home in the evening Alderton noticed the piece of cotton. "Yes, I remember," he said, and smiling proudly, entered the accustomed shop and sat down before the barber. "Why, I cut your hair this morning, sir!" said the astonished hairdresser.

**Tantalizing.**

Mrs. Mickelson said to her new servant, "Before removing the soup plates, Ellen always ask each person if he or she would like any more." "Very good, madam," replied Ellen; and the next day she politely inquired of one of the guests, "Would the gentleman like some more soup?" "Yes, please," said the guest. "There ain't any left!" was Ellen's startling rejoinder.

**War Economy.**

"Whit wae ye gie'n ower smokin' Donal?" "Weel, it's no sic a pleasure after ye've ken a biddy's ain' t'ebacy costs over muckle, and if ye're smokin' another biddy's ye hae to draw yer pipe as tight it'll no ram."

**Books.**

THE SECOND LATCHKEY. By C. N. and A. M. Williamson. New York: Doubleday, Page & Co.

From the moment the reader picks up this latest volume of these highly successful collaborators his interest is kept at a high pitch. From the Savoy Hotel, London, where the story opens to Devonshire and thence to a ranch near the Mexican border the mystery is carried with swift narration.

Annesley Grayle, poor, pretty, and decidedly English, is a girl whose years preceding the start of the story have been dull and drear. As the heroine of this tale of mystery, surprises, thefts, precious jewels, and crystal gazing she fulfills her part of the bargain with "Nelson Smith," the handsome knight who at times makes her wretched. But all turns out pleasantly in the end.

The Williamsons have done another smooth piece of writing and turned out an agreeable romance of things in the world of make-believe.

## Presidents and Pies

An Interesting Account of Washington People of Yesterday and Today By the Wife of the Well-Known Diplomatist

By Mrs. Lars Anderson.

(Continued from Yesterday.)

He was sure that his old friend must have relished more than any one else the delightful story of the public dinner given in New York to Ambassador Strauss upon his retirement when Mr. Roosevelt praised his public service and stated that before appointing him to his Cabinet he looked the country over for the fittest man, permitting no circumstance of race or creed, calling or location, to restrict or influence his selection. Mr. Strauss, the colonel declared, was the outstanding man, and called to the Cabinet for that reason. A little later, so the story goes, Mr. Jacob H. Schiff got up to make a speech. But his hearing was not very acute, and not having caught what Mr. Roosevelt had said, he calmly announced that the President had written him that he had a vacancy in his Cabinet and would like to have him suggest some prominent Jew for the place, so he had proposed Oscar Strauss. The appointment had quickly followed. Taft knew that the President would find the situation more laughable than embarrassing.

On March 5, the day after the inauguration, I went to leave cards at the White House, and on reaching the steps, the President and his brother came out and greeted us, insisting that we should go indoors and have tea with Mrs. Taft. L. and I found her in the Red Room; it was the first time she had served tea in the White House, and it was quite amusing for "The First Lady in the Land" did not know where the bells were nor how the kettle worked.

Mrs. Taft told me that she hadn't closed an eye the night before. They had occupied the room where the Prince of Wales—Edward VII—had slept. Besides the magnificent four-poster bed already there, she had had a brass bed put in for herself, and consequently the room did not look very well. In the middle of the night, as she lay there awake she felt to thinking you are sleeping in the King of England's royal couch," she said at last; "but the room looks so badly—with different beds—what we take out of the King's and put in two small ones."

"Oh, darn the beds," the President answered sleepily; "take them or leave them, as you like, but go to sleep now."

We had planned two receptions, one to be given the night of the 5th of March, the other on the 6th. Because of the storm, the telephone wires were down and notes were coming to me by the hundred—it seemed as if every one I had asked wanted to bring friends. It was a wonder the floors didn't collapse, for about five hundred people came to each reception.

**Victims of Climate.**

As I had feared, most of the Filipinos had fallen ill with colds as a result of their exposure in the storm, but thirty of the eighty members of the band turned up and did the best they could, playing curious tunes that were weird, but captivating.

I received in the Key room at the head of the stairs. The marble staircase was lined on either side with pots of bright flowers, echoing the colors of Villages' "Triumph of the Dogaresa" at the landing. The key room—named from the Greek design of the marble floor—was especially appropriate for us to use on this occasion, because a panel between the windows shows a trace of the pleasant Ohio valley and the city of Cincinnati, from which President Taft's family, as well as L.'s had come.

The guests wandered about, but Mrs. Taft was unable to come down, but her youngest sister, Mrs. Laughlin, a very pretty and charming woman, took her place. The company consisted of the Cabinet and a few extra people like ourselves. Mr. Andrew Carnegie, in with me and held forth upon his disapproval of football. I had a little talk with the President, and then when the men had gone off to smoke and we were left in the big yellow and white ballroom, Mrs. Laughlin asked me to go with her and speak to each lady in turn.

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(To Be Continued Monday.)

### Hints For The Household

A hot solution of chloride of lime removes the alkali stain that sometimes appear in teapots and cups. Pour it into the article to be cleaned and allow it to stand for a few minutes. Use carefully, as it burns the fingers if allowed to touch them.

To lengthen the life of socks, take a small piece of embroidery cotton and knit it in with the wool at the heels and toes. This will more than double the strength of the wearing parts, taking the strain and preventing the wool from breaking away.

To stiffen hair ribbons, dissolve a tablespoonful of sugar in a pint of water, and use this mixture as the last rinsing water after the ribbons are washed. They should be pressed with a hot iron before they are quite dry, a piece of tissue paper being laid between the iron and the ribbon.

To prevent grit from going through the mat on the oilcloth, fold a stiff sheet or brown paper, folded two or three times under it. This will be found a good plan.

An easy and quick way to clean knives is to dip an ordinary cork first in cold water, then in the knife polish, and rub briskly; polish with a newspaper. It is much better than rubbing on a knife board, and takes less than half the time.

### "Beauty is Only Skin Deep"

but a beautiful skin is possible only when the liver and kidneys are active, and the bowels functionate properly. The secret of beauty as well as of health is to maintain perfect digestion and elimination.

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